

LifeFitness



Life Fitness Signature Cable Motion Owners Manual



1. SAFETY AND WARRANTY INFORMATION

It is the sole responsibility of the purchaser of LIFE FITNESS products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to its use.

LIFE FITNESS recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other LIFE FITNESS equipment are used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by LIFE FITNESS.
2. **MAINTAIN LABELS AND NAMEPLATES:** Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. **SECURING EQUIPMENT:** All equipment **MUST** be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. **MAINTAIN ALL EQUIPMENT:** Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
5. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

SPECIFIC OPERATING WARNINGS

1. Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
2. Use only weight selector pins supplied by LIFE FITNESS on weight stacks. Substitutes are forbidden.
3. Cables pose an extreme liability if used when frayed. Always replace any cable at first sign of wear (consult LIFE FITNESS if uncertain).
4. **Do not allow users to wear loose fitting clothing while using equipment.** It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
5. **Fully insert weight selector pins.** Partial insertion can cause weights to fall unexpectedly. Never pin the weight stack in an elevated position. Never remove selector pin if any weights are suspended. **Never attempt to release jammed weights or parts.**
6. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.
7. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
8. **Keep children away from selectorized strength equipment.** Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
9. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.
10. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
11. Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
12. Do not exceed maximum user weight – 300 lbs.

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (.Product.) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, **We, Life Fitness**, will pay all transportation and insurance charges for the first year. **You** are responsible for transportation and insurance charges during the second and third years (if applicable).

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your *Operation Manual* (.Manual.). ***All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.***

OPERATION MANUAL

It is **VERY IMPORTANT THAT YOU READ THIS MANUAL** before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at **(800) 351-3737 or (847) 451-0036**, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. **Obtain** a Return Authorization Number (**RA#**) from Customer Support Services
2. Securely **pack** your Product (use the original shipping carton, if possible)
3. **Write** the **RA#** on the outside of the carton
4. **Insure** the Product, and
5. **Include** a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

Life Fitness World Headquarters

Attn: CSS Help Desk

5100 N. River Rd.

Schiller Park, IL. 60176

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.

We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

! WARNING

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect the machines before use. **DO NOT** use if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify staff immediately.
5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, seek assistance.
6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Seek assistance.
7. Inspect cables and their connections before using machine. **DO NOT** attempt to fix. Seek assistance.
8. Use only the incremental weights supplied by the manufacturer. **DO NOT** use dumbbells or other means to add resistance to the machine.
9. Children must not be allowed near this machine. Supervise teenagers.
10. **DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED.**



OR



Found at moving parts

← Found at base of weight stack tower



Found on all adjustable carriages



2. GENERAL SPECIFICATIONS – Cable Motion

1. Frame Construction

- Frame is constructed of mechanical quality steel purchased in mill run quantities
- Frame is primarily 2 ½" x 4 ½" and 1 5/8" x 2 ¾" oval-shaped tubing with 11 gauge wall thickness.
- Core towers on jungles are fully welded (not bolt together) for maximum structural integrity and minimum maintenance when possible. However, independent stations have bolt-together configuration to facilitate movement through smaller doorways and difficult installations

2. Frame Finish

- Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion
- The frames are coated with an electrostatic epoxy powder coat finish applied in a powder form and then baked at 400° F (204° C.)
- To prevent frame and surface corrosion, wax equipment annually and keep away from salt, chlorine and all other harmful chemicals.

3. Weight Selection

- Weights are selected by using a 7/16" selector pin, which completely penetrates the weight plate and is held in place during use by a magnetic ring to keep the pin from disengaging chance of disengaging during use.
- The selector pin is connected to the top weight to eliminate loss of substitution of substandard pins

4. Incremental Weights

- Incremental weights are provided for each station/weight stack. Material is solid steel encased with a molded rubber that is formed to fit on the top-plate of the weight stack.

5. Weight Plates

- Machined from solid, 1" thick steel. Finish is wrinkle gray powder coat. Thickness of plate is held to precise tolerances by machining the entire upper and lower surfaces. This results in a better pin fit to the stem.

6. Weight Plate Bushings

- Each plate (not just the top weight) will contain low friction bushings, which surround the guide rods to minimize friction and noise

7. Top Weight Bushings

- The top weight is stabilized with an engineered composite structure with self-lubricating bushings.

8. Weight Stack Guide Rods

- Guide rods are 3/4" cold drawn steel, turned ground and polished with hard chrome finish

9. Weight Stack Suspension

- Durable rubber bumpers are placed under each stack to reduce shock and vibration stresses to the frame and facility floor.

10. Weight Selection Shaft

- The shaft is constructed of zinc plated cold finished steel and precision drilled for accurate pin selection

11. Weight Transport

- 7x19 construction, 3/16" galvanized steel, internally lubricated, nylon-coated aircraft cable with breaking strength rated at over 4,000 pounds.

12. Cable Adjustment

- All cables can be adjusted at the top weight utilizing a metric 24mm open-end wrench.

13. Pulleys

- All pulleys are at least 4-1/4" working diameter using fiberglass-impregnated nylon with precision fit cable groove and double sealed bearings.

14. Pulley Covers

- As a safety precaution, all pulleys are covered to minimize the danger of a moving pulley catching a person's finger or clothes.

15. Bolts

- All hardware is stainless steel, zinc or nickel plated

16. Upholstery

- Contoured pads on selective units
- All edges are stitched to eliminate any folds in the material that would limit durability.

17. Foam

- Three and Four pound EVA foam (deformation resistant) or equivalent is used on all machines. The foam is injection molded directly to the multi-ply wood support board with integral 10mm T-nuts.

18. Hand Grips

- Handgrips are an extruded 60-durometer-thermorubber compound that is non-absorbing, wear and tear resistant and exhibits good dry and wet frictional characteristics.
- The grips are retained with aluminum collars, which eliminates the tendency of the grip to slide off the handle.

19. Foot Platforms

- All foot platforms are molded rubber with a slip resistant texture

20. Instructional Placard

- Visual placards provide visual illustration for proper use and muscles trained.

21. Equipment Anchoring

- All machines have holes in the feet, which allow for easy anchoring to the floor. Life Fitness recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped.

22. Warranty

- A 10-year minimum warranty on frames, 5 years on integral bearings, guide rods, pulleys and weight plates, 1 year on cables and grips and 90 days on upholstery and any items not specified.
- Machines are not warranted against rust. In order to protect your machines against rust, please repair all chips and scratches, and be sure the workout environment is free of humidity. For example, ensure that the equipment does not share the HVAC system with a swimming pool area. For maximum protection, please utilize an extra coat of automotive quality finish wax and wipe excessive sweat and liquids from the machines.

23. Liability Insurance

- Certificate of insurance available upon request



3. EXERCISE SECTION

MULTI –JUNGLES



General information: A multi-jungle is the most versatile piece of exercise equipment other than free-weights. A vast array of upper body, lower body and torso exercises can be performed on a multi-jungle, depending on the various stations that the owner chooses to select. Each station is equipped with an instructional placard that provides start and finish positions.

Dual Adjustable Pulley (CMDAP)



General information: The Dual Adjustable Pulley has two adjustable pulleys positioned 53" (134cm) apart to accommodate an infinite number of exercises. The space between the pulleys easily accommodates most benches and wheelchairs. Exercises performed on the Dual Adjustable are the same as on a multi-jungle with the addition of bench press exercises. The Dual Adjustable Pulley is equipped with two placards that illustrate 6 different exercises, a wall chart that illustrates 25 different exercises and a CD that demonstrates 50 different exercises. Each Dual Adjustable Pulley has a standard accessory kit that includes handles, attachments and a rack to store the accessories. Additional training information is available through the Life Fitness Academy.

Cable Column (CMCC)



General information: The Cable Column has dual handles that create a wide variety of training options. When one pulley is activated, the resistance level is 1:4. When both pulleys are being used, the resistance level is 1:2. Multiple upper body, lower body and torso exercises can be performed on the adjustable Cable Column. Each unit is equipped with an instructional placard that displays 3 different exercises along with an instructional CD that provides 30 different exercises. Each unit ships with an accessory kit, which includes handles, attachments and a rack for storage.

Adjustable Cable Crossover (CMACO)



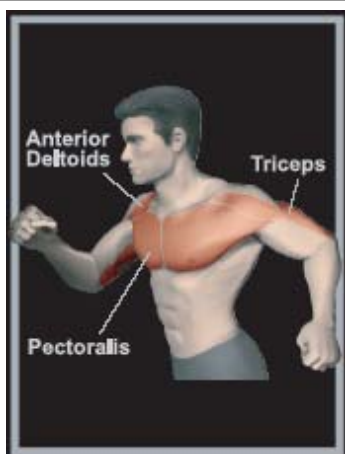
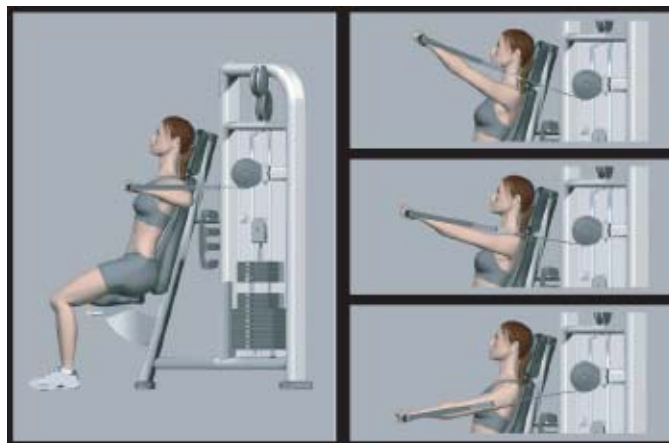
General information: Multiple exercises can be performed for the upper body, lower body and torso. Instructional placards illustrate 3 different exercises. Additional training information is available through the Life Fitness Academy.

Fixed Cable Crossover (CMFCO)



General information: Pulleys are fixed in a high and low position. Multiple exercises can be performed for the upper body, lower body and torso. An instructional placard illustrates exercises from both the high and low pulley. Additional training information is available through the Life Fitness Academy.

Chest Press (CMCP)



Muscles Exercised – Pectoralis Major, Anterior Deltoids and Triceps

Setup

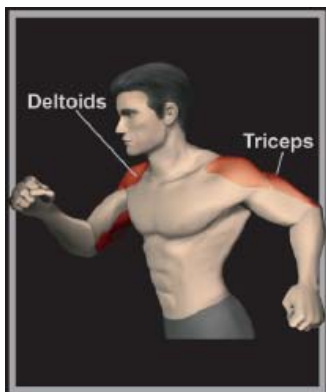
Adjust the seat height so pulleys are aligned with mid-chest. Check the weight stacks to ensure proper resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest up, shoulders and head back against the back pad.

Performing the Exercise

With a controlled motion, extend the handles out until the arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion while maintaining proper body position.

TIP: While performing the exercise, choose varying incline and decline pressing angles to maximize stimulation of the Pectoralis and Anterior Deltoid.

Shoulder Press (CMSP)



Muscles Exercised – Deltoids and Triceps

Setup

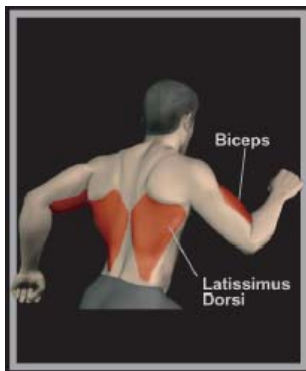
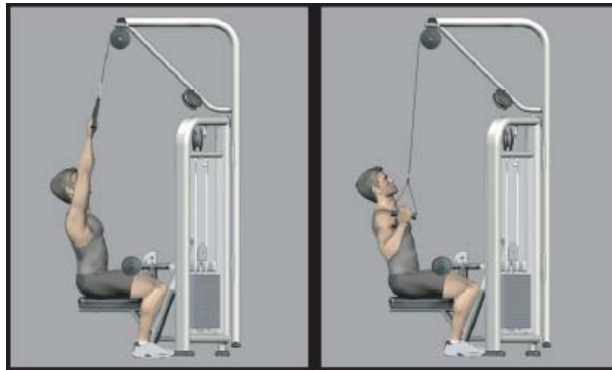
Adjust the seat height so handles are aligned with or above shoulder height. Check the weight stacks to ensure appropriate resistance. Grip one or both handles. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the Exercise

With a controlled motion, extend the handles up until arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: Focus on extending your elbows as opposed to pressing the handles up, as this increases the mental concentration on the Deltoid muscles.

Pulldown (CMPD)



Muscles Exercised – Latissimus Dorsi and Biceps

Setup:

Check the weight stacks to ensure appropriate resistance. Stand and grip handles, then pull down and sit with thighs under pads. Upper body is positioned leaning slightly back from the hips, pulling directly over shoulders.

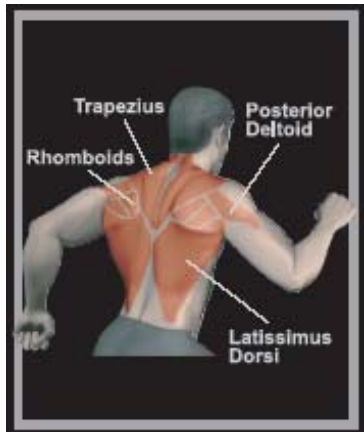
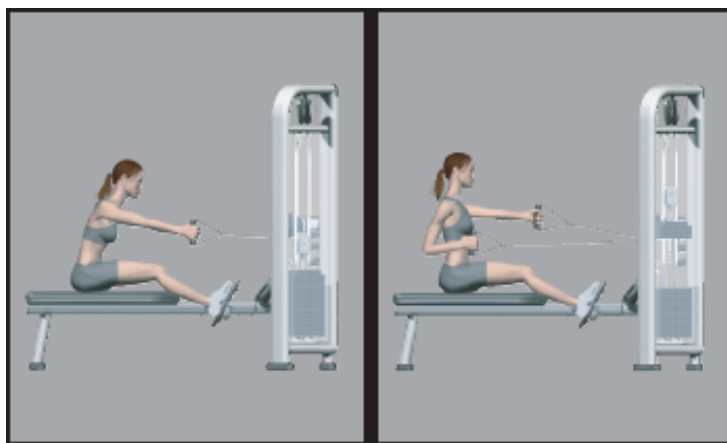
TIP: Attempt to stabilize the body without the use of the thigh pads until necessary.

Performing the Exercise:

With a controlled motion, draw down the handles directly over the shoulders until hands reach shoulder height, then extend the handles up until arms are fully extended. Return the handles to the start position and repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise think about lowering your elbows towards your lower back. This will re-enforce the correct exercise position and increases the mental concentration on the Latissimus Dorsi.

Row (CMRW)



Muscles Exercised – Latissimus Dorsi, Trapezius, Rhomboids, Teres Major and Minor, Posterior Deltoids and Biceps

Setup

Check the weight stack to ensure appropriate resistance. Grip the handles and position body with feet on the platform and head and chest-up.

Performing the Exercise

Stabilize the body in position, pressing feet firmly on foot platform. Stabilize upper body by drawing in abdominals. With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

TIP: While performing the exercise, think about drawing the elbows back beyond the body and stabilizing the upper body as this increases the mental concentration on the muscles being trained.



4. MACHINE SPECIFICATIONS

Product Specifications – Multi-Jungles

CORE WEIGHT STACK TOWER		Product #'s - MJ4 – MJ8 – MJ12S – MJ12V	
Machine Weight:	225 lbs ea.		102 kg ea.
Weight Stack:	na		na
Size:	in. = 32.5”L x 32.5”W x 94”H cm = 83L x 83W x 239H		
<ul style="list-style-type: none">• Core weight stack tower is the centerpiece that stations are attached to.• MJ4 = 1 each core weight stack tower• MJ8 = 2 each core weight stack towers that are connected via Cable Crossover• MJ12S = 3 each core weight stack towers connected via 2 ea Cable Crossovers in a straight line• MJ12V = 3 each core weight stack towers connected via 2 ea Cable Crossovers in the shape of a right angle			

ADJUSTABLE PULLEY		Product # - MJAP
Machine Weight:	260 lbs	118 kg
Weight Stack:	190 lbs	95 kg
Size:	in. = 14.5"L x 18.5"W x 92"H cm = 37L x 47W x 234H	
<ul style="list-style-type: none">• 1:2 resistance level• Molded grip handle included• Pulley adjusts from 6" to 82" in 4" increments• Pulley swivels for users desired angle• 5# add-on weight included		

ADJUSTABLE CROSSOVER w/outrigger- connects to MJ4 Product # - MJACO

Machine Weight:	720 lbs	327 kg
Weight Stack:	2 x 190 lbs	2 x 95 kg
Size:	in. = 28.5"L x 142"W x 94"H	cm = 72L x 361W x 239H

- 1:2 resistance level
- Two molded handles are included
- Swivel pulleys for users desired choice of angle
- Pulleys adjust from 6" to 82" in 4" increments
- Each weight stack has a 5# / 2.5KG add-on weights

FIXED CABLE CROSSOVER w/outrigger – connects to MJ4 Product # - MJFCO

Machine Weight:	650 lbs	295 kg
Weight Stack:	2 x 190 lbs	2 x 95 kg
Size:	in. = 29L x 119W x 64H	cm = 73L x 297W x 239H

- 1:2 resistance level
- Two molded handles are included
- Both pulleys are fixed at 8" for the low pulley and 80" for the high pulley.
- Both pulleys swivel for desired choice of angle
- Each weight stack has a 5# / 2.5KG add-on weights

ADJUSTABLE CABLE CROSSOVER – connects to MJ8, MJ12S and MJ12V Product # - MJAXO

Machine Weight:	600 lbs	272 kg
Weight Stack:	2 x 190 lbs	2 x 95 kg
Size:	in. = 23L x 116W x 94H	cm = 59L x 295W x 239H

- 1:2 resistance level
- Two molded handles are included
- Swivel pulleys for users desired choice of angle
- Pulleys adjust from 6" to 82" in 4" increments
- Each weight stack has a 5# / 2.5KG add-on weights

FIXED CABLE CROSSOVER –connects to MJ8, MJ12S and MJ12V- Product # - MJFXO

Machine Weight:	530 lbs	240 kg
Weight Stack:	2 x 190 lbs	2 x 95 kg
Size:	in. = 23L x 91W x 94H	cm = 58L x 232W x 239H

- 1:2 resistance level
- Two molded handles are included
- Both pulleys are fixed at 8" for the low pulley and 80" for the high pulley.
- Both pulleys swivel for desired choice of angle
- Each weight stack has a 5# / 2.5KG add-on weights

LAT PULLDOWN**Product # - MJLP**

Machine Weight:	340 lbs	154 kg
Weight Stack:	260 lbs	130 kg
Size:	in. = 27L x 37W x 92H	cm = 68L x 95W x 234H

- 1:1 resistance level
- Pulldown bar included for each Lat Pulldown
- 5# add-on weight included
- Adjustable roller pads for lower body stabilization

DUAL PULLEY PULLDOWN**Product # - MJLPD**

Machine Weight:	340 lbs	154 kg
Weight Stack:	260 lbs	130 kg
Size:	in. = 27L x 37W x 92H	cm = 68L x 95W x 234H

- 1:2 resistance level with one pulley being used. 1:1 resistance level when both pulleys are used
- Fixed molded handles included with Dual Pulley Pulldown.
- 5# add-on weight included
- Adjustable roller pads for lower body stabilization

LOW ROW		Product # - MJRW
Machine Weight:	360 lbs	163 kg
Weight Stack:	260 lbs	130 kg
Size:	in. = 27L x 74W x 92H	cm = 68L x 189W x 234H
<ul style="list-style-type: none"> • 1:1 resistance level • A V-Bar handle is included for each Low Row • Protective molded rubber cover located on frame prevents scratches and dents. • 5# add-on weight included 		

DUAL PULLEY ROW		Product # - MJRWD
Machine Weight:	360 lbs	163 kg
Weight Stack:	260 lbs	130 kg
Size:	in. = 27L x 74W x 92H	cm = 68L x 189W x 234H
<ul style="list-style-type: none"> • 1:2 resistance level with one handle. 1:1 resistance level when both handles are used. • Fixed molded handles included with Dual Pulley Row • Protective molded rubber cover located on frame prevents scratches and dents. • 5# add-on weight included 		

TRICEPS PUSHDOWN		Product # - MJTP
Machine Weight:	225 lbs	102 kg
Weight Stack:	190 lbs	95 kg
Size:	in. = 5L x 21W x 92H	cm = 12L x 54W x 234H
<ul style="list-style-type: none"> • 1:1 resistance level • Triceps Rope included with each Triceps Pushdown • Designed so that user faces towards the weight stack • 5# add-on weight included 		

Product Specifications – Cable Motion Single Station

ADJUSTABLE CABLE CROSSOVER		Product # - CMACO
Machine Weight:	980 lbs	445 kg
Weight Stack:	2 X 190 lbs	2 X 95 kg
Size:	in. = 28.5L x 167W x 94H	cm = 72L x 424W x 239H
<ul style="list-style-type: none">• 1:2 resistance level• Molded grip handles included• Pulley adjusts from 6" to 82"• Pulley swivels for users desired angle• Each weight stack has a 5# / 2.5KG add-on weights		

FIXED CABLE CROSSOVER		Product # - CMFCO
Machine Weight:	895 lbs	407 kg
Weight Stack:	2 X 190 lbs	2 X 95 kg
Size:	in. = 28.5L x 142W x 94H cm = 72L x 361W x 239H	
<ul style="list-style-type: none">• 1:2 resistance level• Two molded handles are included• Both pulleys are fixed at 8" for the low pulley and 80" for the high pulley.• Both pulleys swivel for desired choice of angle• Each weight stack has a 5# / 2.5KG add-on weights		

CABLE COLUMN		Product # - CMCC
Machine Weight:	685 lbs	311 kg
Weight Stack:	190 lbs	95 kg
Size:	in. = 56L x 57W x 92H	cm = 142L x 145W x 234H
<ul style="list-style-type: none">• 1:4 resistance level when using one pulley – 1:2 resistance level when both pulleys are engaged• Lowest pulley position is 12" from the floor and highest is 82"• Dual pulleys create more training options• Accessory kit, placard and instructional training CD included.• 5# add-on weight included		

DUAL ADJUSTABLE PULLEY**Product # - CMDAP**

Machine Weight:	1265 lbs	575 kg
Weight Stack:	2 X 390 lbs	2 X 195 kg
Size:	in. = 44L x 62W x 93H	cm = 112L x 157W x 236H

- 1:4 resistance level
- Pulley adjustments have 20 positions
- Dual pulleys create more training options
- Accessory kit with handles and attachments, placard, poster and instructional training CD included.
- 5# add-on weight included – provides 1.25# incremental resistance.

CABLE MOTION CHEST PRESS**Product # - CMCP**

Machine Weight:	680 lbs	309 kg
Weight Stack:	2 x 190	2 x 95
Size:	in. = 46 x 49 x 64	cm = 117 x 125 x 163

- 1:2 resistance (95 lbs./ 47.5 kg)
- Two molded handles are included
- Each arm has a dedicated weight stack for greater variety.
- User-defined motion provides multiple chest exercises to maximize training variations.
- Multiple handle attachments for greater range of motion selection.

CABLE MOTION SHOULDER PRESS**Product #CMSP**

Machine Weight:	600 lbs	273 kg
Weight Stack:	2 x 150	2 x 75
Size:	in. = 46 x 46 x 64	cm = 117 x 117 x 163

- 1:2 resistance (75 lbs./ 37.5 kg)
- Two molded handles are included
- Each arm has a dedicated weight stack for greater variety.
- User-defines optimal path of motion for shoulder exercises.

CABLE MOTION PULLDOWN		Product # - CMPD
Machine Weight:	810 lbs	368 kg
Weight Stack:	2 x 220	2 x 107
Size:	in. = 54 x 45 x 95	cm = 138 x 115 x 242
<ul style="list-style-type: none"> • 1:2 resistance (110 lbs./ 53.5 kg) • Two molded handles are included • Independent pulleys allow user-defined paths of motion and exercise variety. • Can be used with individual grips or traditional lat pulldown bar. • Adjustable roller pads for lower body stabilization 		

CABLE MOTION ROW		Product # - CMRW
Machine Weight:	770 lbs	350 kg
Weight Stack:	2 x 220	2 x 107
Size:	in. = 54 x 73 x 67	cm = 138 x 186 x 171
<ul style="list-style-type: none"> • 1:2 Resistance (110 lbs./ 53.5 kg) • Two molded handles are included • Independent handles enable unilateral and bilateral movements. • Can be used with individual grips and traditional row handle. • Protective molded rubber cover located on frame prevents scratches and dents. 		



5. MAINTENANCE PROCEDURES

ACTION	DAILY	MONTHLY	BI-ANNUALLY	YEARLY	AS NEEDED
CLEAN					
Upholstery	X				
Guide Rods		X			
Shields					X
Hand Grips					X
Frames (Wax)					X
INSPECT					
Paint					X
Cable	X				
Hardware		X			
Frame			X		
Hand Grips					X

CLEAN

- Upholstery with a mild soap and water.
- Guide rods with a cotton cloth and break-free.
- Hand grips with mild soap and water.
- Wax frames with a standard, non-abrasive, wax finish.

INSPECT

- Cables for wear or damage and proper tension (should not exceed $\frac{3}{4}$ " deflection). Pay close attention at bends and attachments points.
- Hardware should be checked for looseness. Tighten as required using metric tools.
- Frames should be inspected for wear or damage.
- Handgrips should be checked for wear or damage.
- All paint chips should be filled immediately with touch-up paint.

LUBRICATE

- Guide rods with Silicone Compound (part number 3238401). Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed.

ONCE A DAY

- Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
- Visually inspect cables for wear at and around connections and along entire length of cable. Always replace at first sign of wear.

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check jam nut on weight stack for tightness.
- Inspect all accessory and or carabiner clips or connecting links for wear.
- Check condition of hand grips.
- Check cables for stretch and adjust as necessary by loosening the large nut on top of the weight stack and screw in the threaded plug until cable is tight and the weight stack pin goes in all holes easily. Tighten the large nut to complete the adjustment.

ONCE A MONTH

- Clean Guide Rods with break-free on a cloth and wipe off old residue. Clean tops of bearings at stack and inspect for heavy buildup on rods below head plate (lift half of stack and do a visual inspection, then clean as necessary).
- Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

NOTES

- Use polishing compound (such as car wax) to clean and remove shoe scuffs from powdercoated surfaces as necessary.

CLEANING THE SHIELDS

The shields on the Signature Series machines are made from POLYCARBONATE. Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

Washing to Minimize Scratches

Wash POLYCARBONATE with a mild soap or detergent (e.g. Original Dawn Dishwashing Liquid) and lukewarm water using a clean sponge or a soft cloth. Rinse well with clean water. Dry thoroughly with a chamois or moist cellulose sponge to prevent water spots. Do not scrub or use brushes on these products.

Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl. Afterward, a warm final wash should be made, using a mild soap or detergent solution and ending with a thorough rinsing with clean water.

Some Important “Don’ts”

- DO NOT use abrasive or highly alkaline cleaners on the shields.
- Never scrape shields with squeegees, razor blades or other sharp instruments.
- Benzene, gasoline, acetone or carbon tetrachloride should never be used on the shields.
- DO NOT clean shields in hot sun or at elevated temperatures.

Compatible Cleaners for Shields

The following cleaning agents have been found compatible with POLYCARBONATE. The manufacturer’s recommendations and instructions should be followed. They are Original Dawn, Freon T.F., Palmolive Liquid, Top Job, and Windex with Ammonia D.

Removal of Paint, Marking Pen, Labels

Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc. Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

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